

Crabcakes

Makes 8 servings.

There might be as many recipes for crabcakes as there are crabs in the Chesapeake Bay. This one comes from Maryland Seafood Update, a publication of the Maryland Department of Agriculture.

- 1 large egg
- 1/4 cup mayonnaise
- 1 teaspoon seafood seasoning
- 1/4 teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1 pound backfin crabmeat, cartilage removed
- 1/2 cup fine, soft bread crumbs or cracker crumbs
- 1 tablespoon margarine or butter
- 1 tablespoon vegetable oil

■ In a bowl, mix egg, mayonnaise, seafood seasoning, pepper, Worcestershire and dry mustard. Gently fold in crabmeat. Add crumbs.

■ Shape into 8 cakes. In large skillet, heat margarine and oil. Fry crabcakes 5 minutes on each side.

■ **Approximate nutrients per serving:** 182 calories, 59 percent calories from fat, 14 grams protein, 5 grams carbohydrate, 12 grams fat, 112 milligrams cholesterol, 267 milligrams sodium, .25 grams dietary fiber.

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